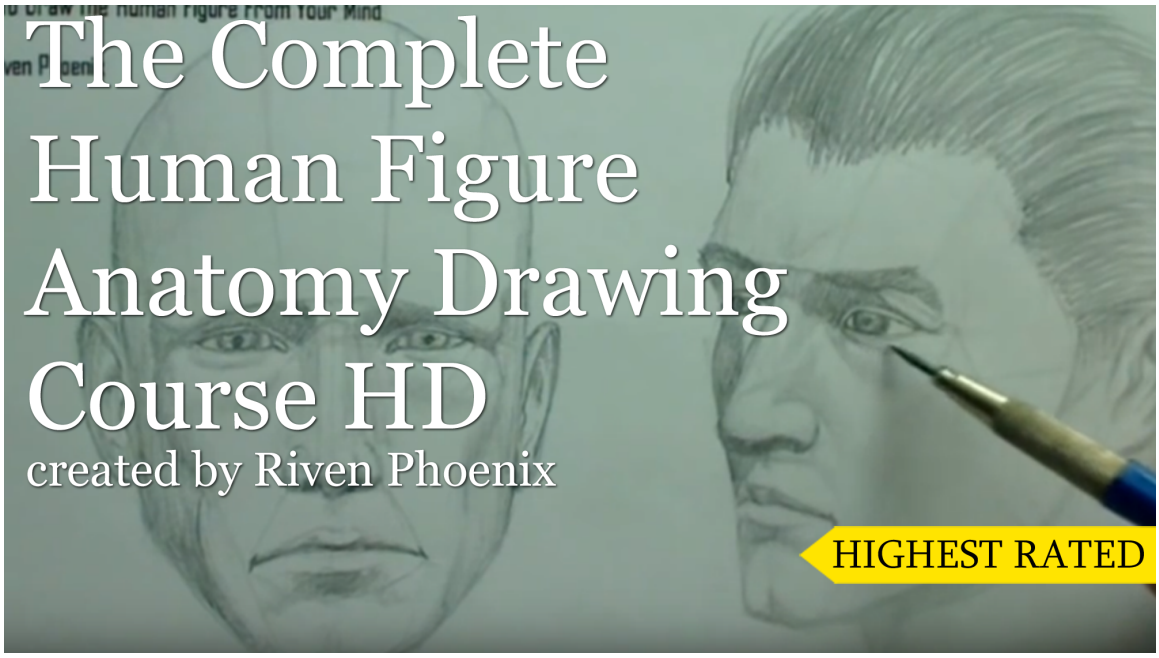

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 125 - The Muscles of The Torso - Part 6

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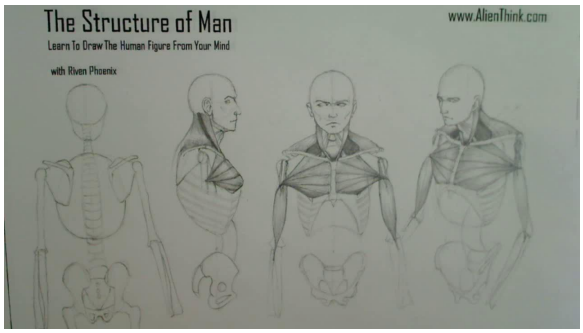
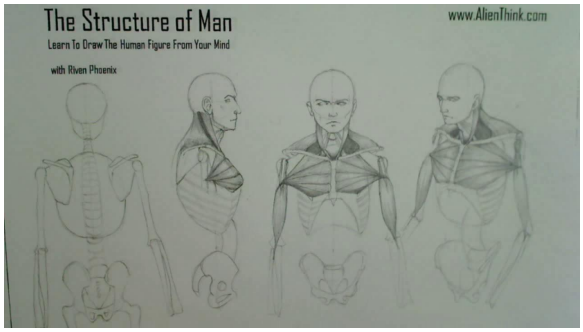
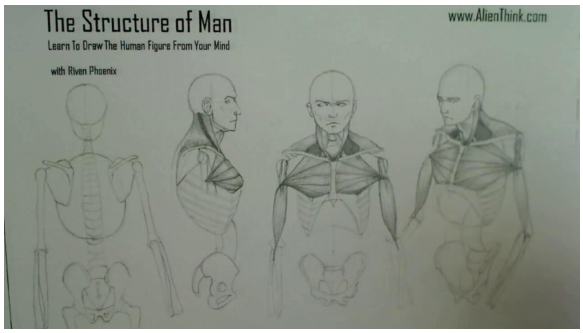
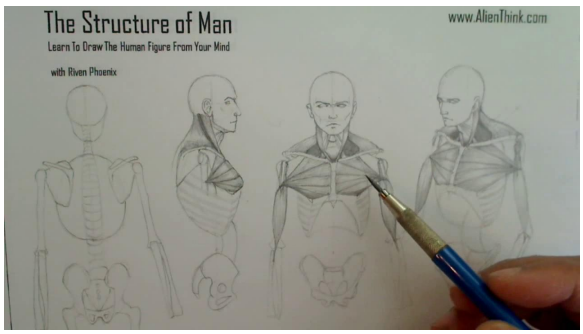
1		Hey guys, my name is Riven Phoenix and welcome to the Structure of Man.
2		We're going to draw the human figure from your mind training course.
3		Okay, so in the previous lesson, we went through really a remarkable understanding
4		of the pack muscle system, how it works and how it connects,

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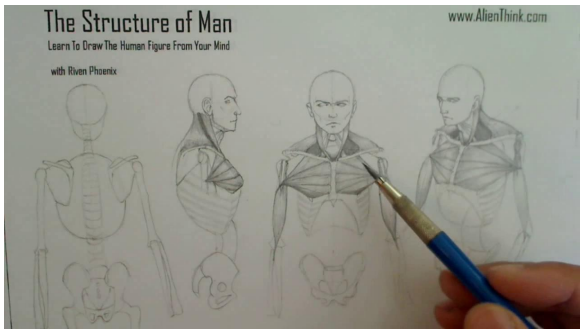
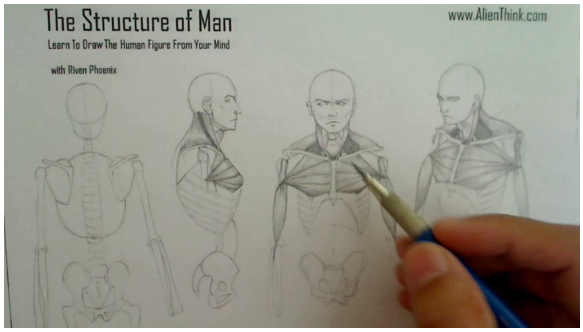
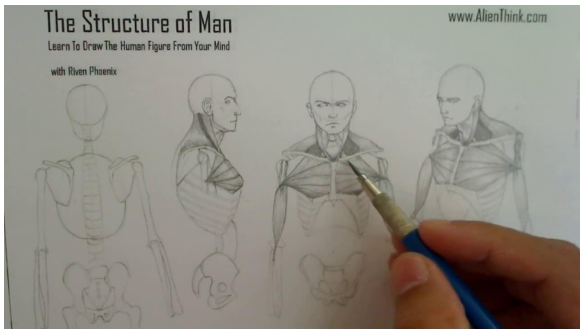
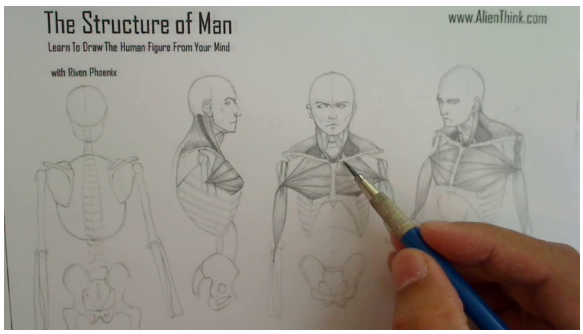
5		and we were able to imprint it in the mind using the exercise that we did
6		in the previous lesson.
7		So one thing here to note about this is that see these pack muscles here,
8		they're connecting to the bottom of the clavicle, right?

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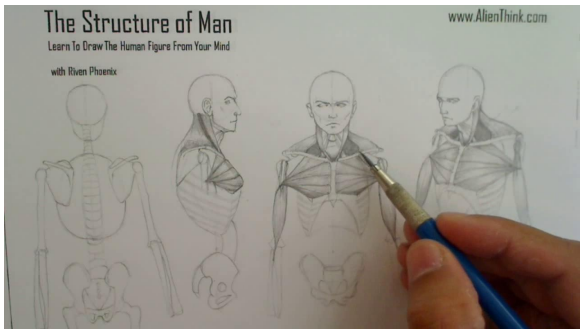
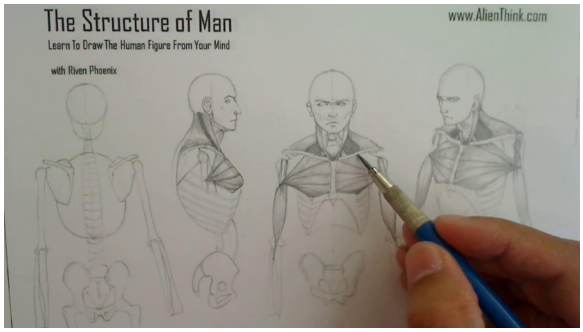
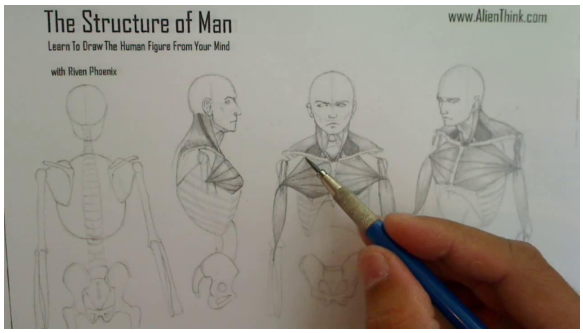
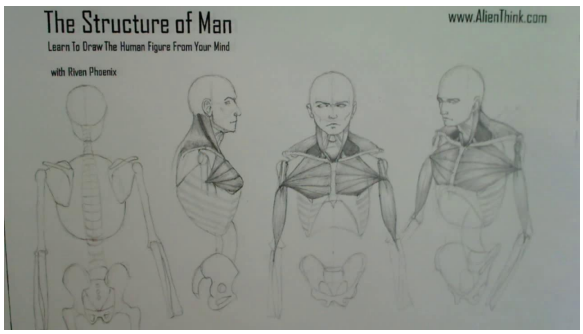
9		This is all on top.
10		So you should just keep that in mind that that's where they are over here.
11		Okay, so you should have filled in all this stuff over here from the previous lesson.
12		Okay, so now we're going to take a look at the deltoid.

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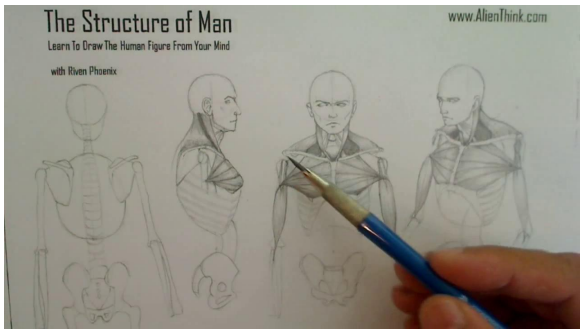
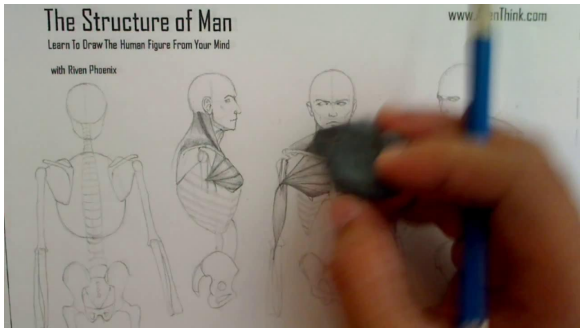
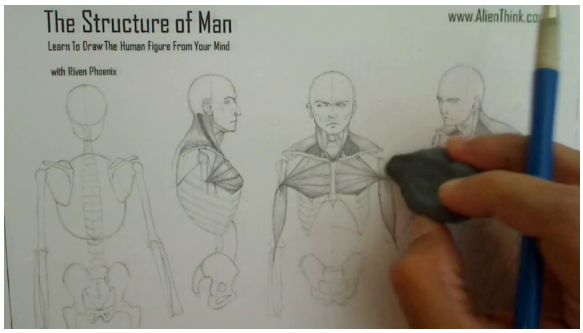
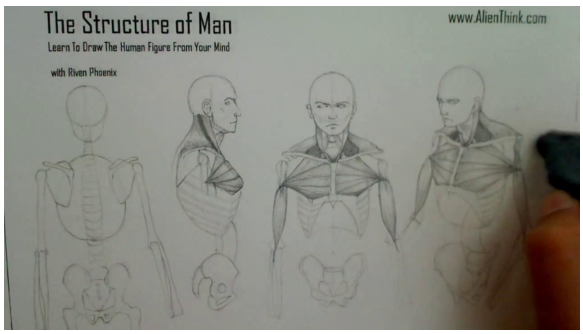
13		Right, how does the deltoid work over here?
14		So we're just going to erase these lines here that we put out originally
15		because the deltoid is just going to take its shape in here.
16		Right, so I'm just going to erase a little bit of it so you can see the bone structure.

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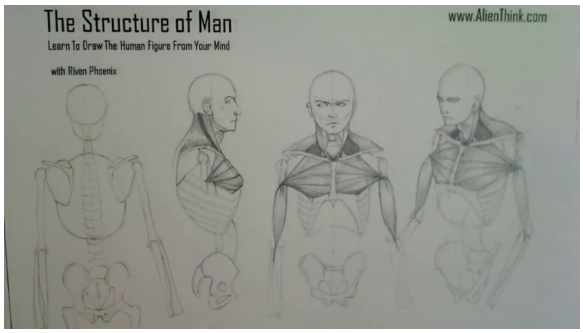
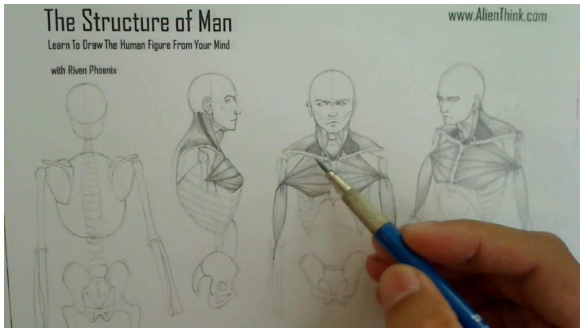
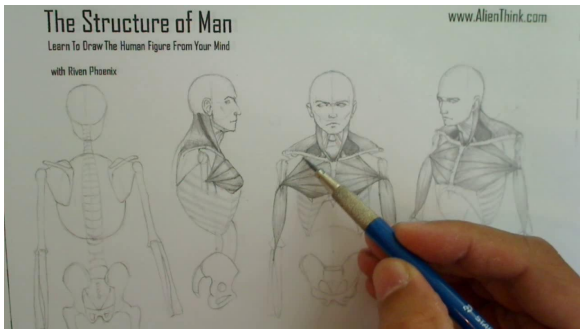
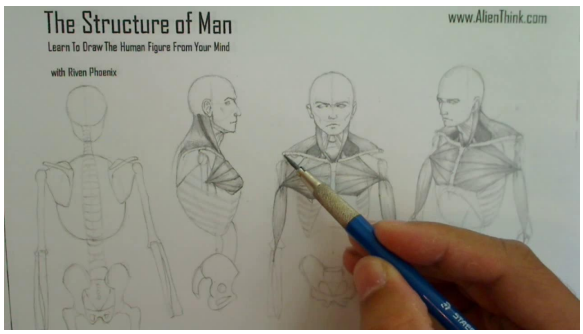
17		So the deltoid is actually very easy to understand.
18		Just like how the pack muscles are connecting here, the deltoid is going to be over here.
19		Right, it's just going to connect, connect under this clavicle
20		and then over here and that is bone.

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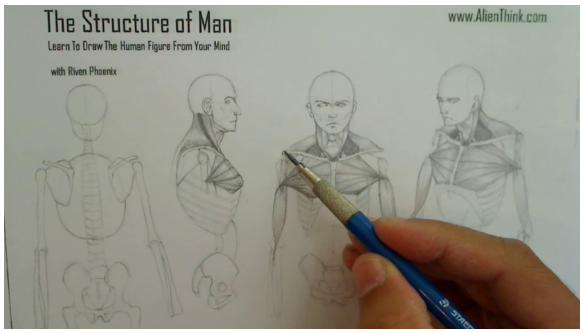
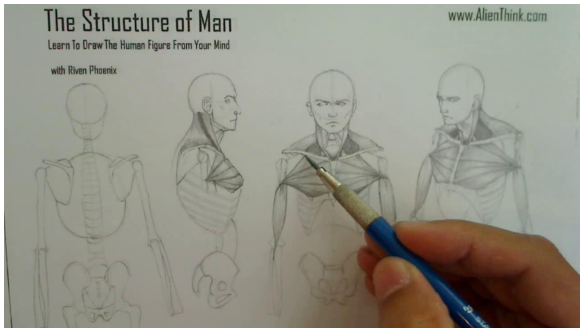
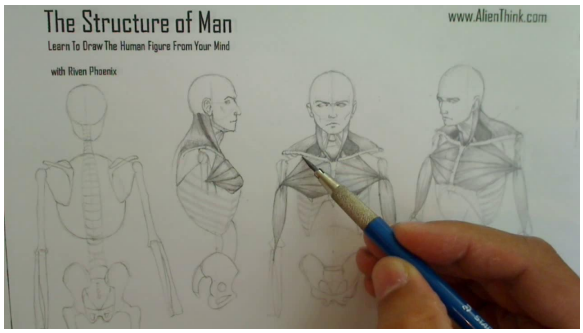
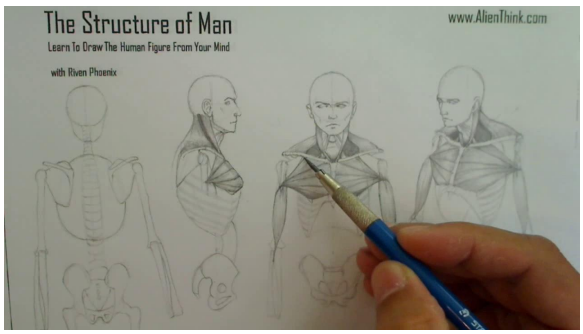
21		Right, so this is why you get that nudge on the bone because all the deltoid is over here.
22		Now the key thing to understand is that the deltoid is a separate muscle.
23		So when it connects, it's just going to, it's going to butt up against the pack muscle here,
24		but over here you're going to get actually get a, in a wedge here in surface anatomy.

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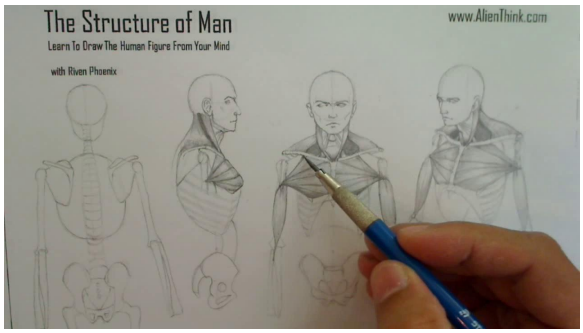
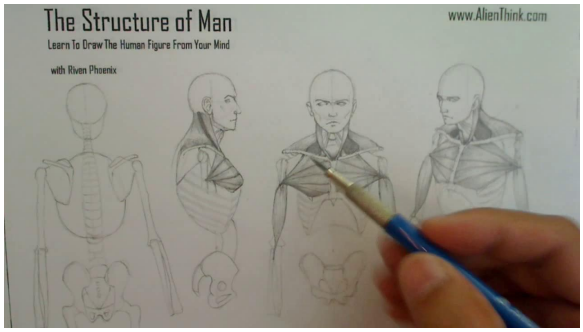
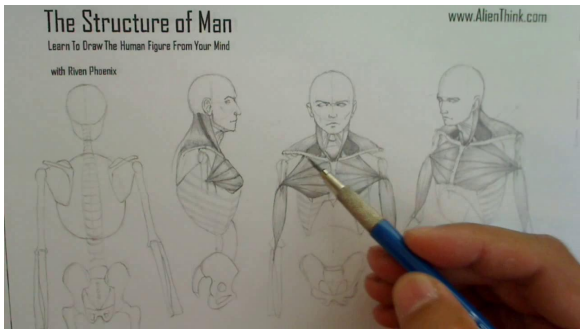
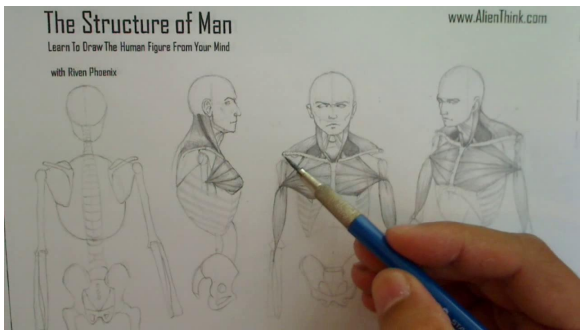
25		Now the thing to understand this is that we're looking at this from the front.
26		Right, you can clearly see that the deltoid here is how far it is from the pack muscles.
27		Right, so keep that in mind.
28		So what happens here is that basically the deltoid is going to come like this.

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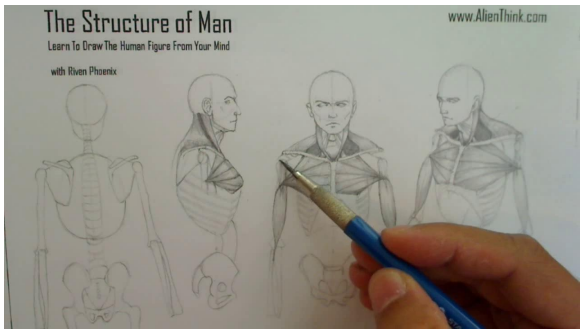
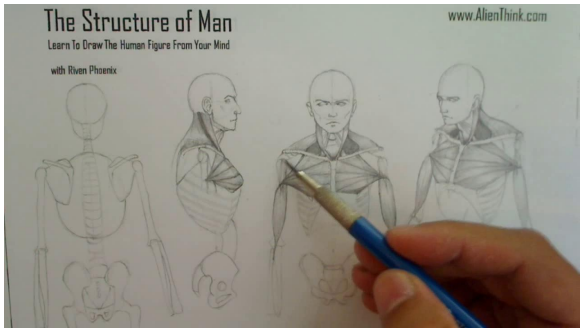
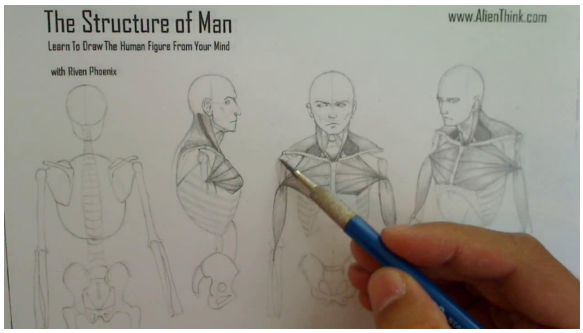
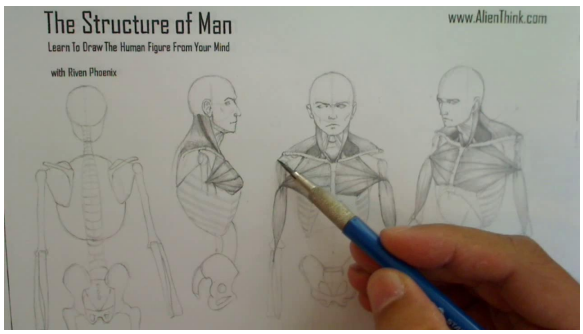
29		Right, now here if you feel your shoulder in this area,
30		you'll feel that you'll see that it comes very close to the bone.
31		So we know that this is going to be true.
32		Right, so it's just going to be like this, but then it's going to bulk up around here.

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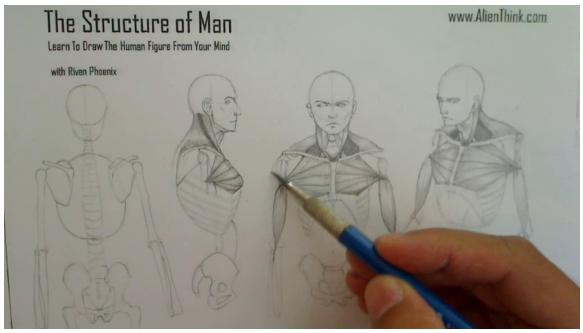
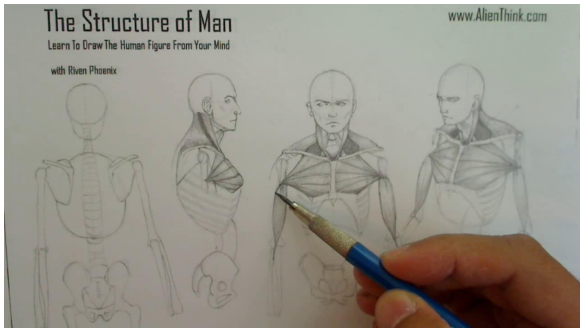
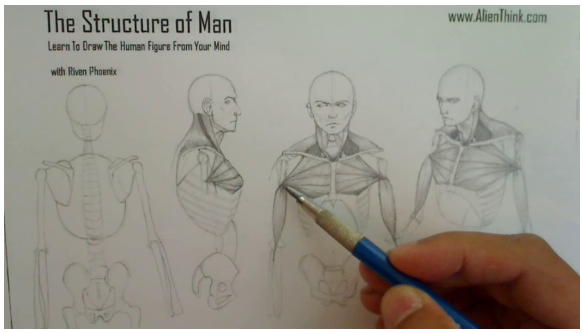
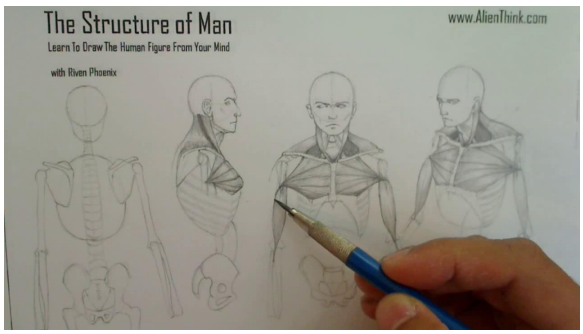
33		It's going to bulk up like this, and then it's going to come down.
34		See where this is?
35		This is over here where this guy is, and it's just going to come very close to this here.
36		It's not going to come all the way here, but it's going to be fairly close to it in,

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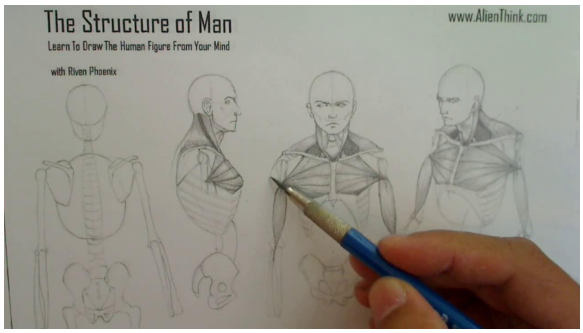
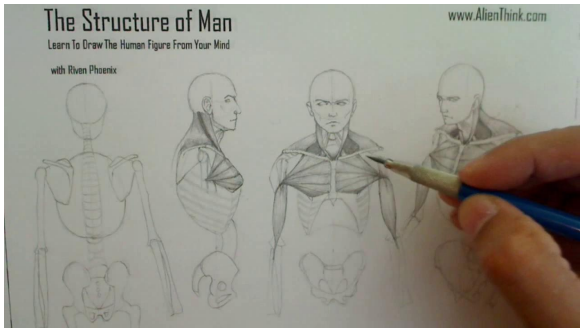
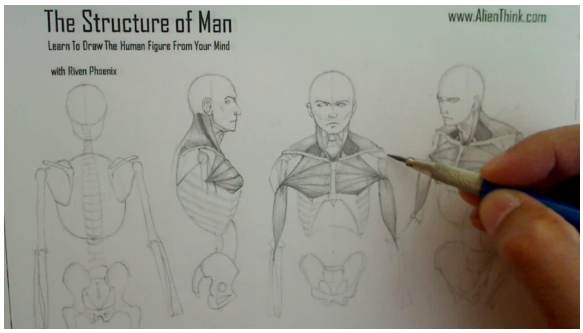
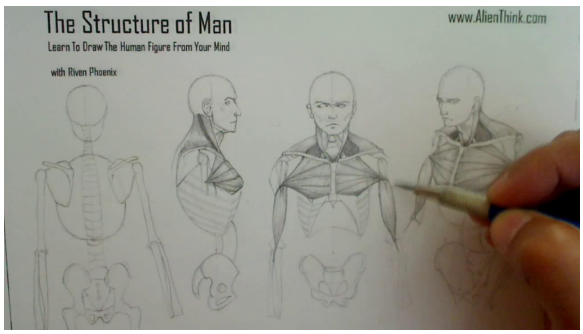
37		and that's it in understanding the deltoid muscle.
38		Right, so over here we'll do the same thing.
39		Regardless of where the bone is, right, I just did it over here.
40		So when I do this, I'm just going to keep this eye off of this ratio,

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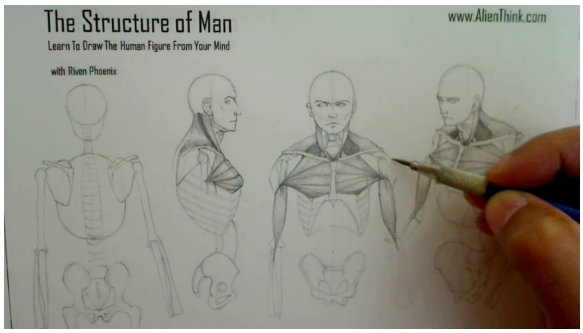
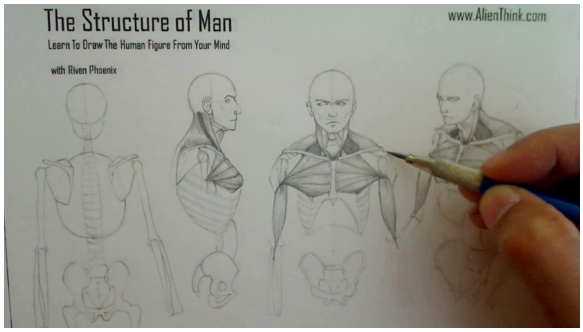
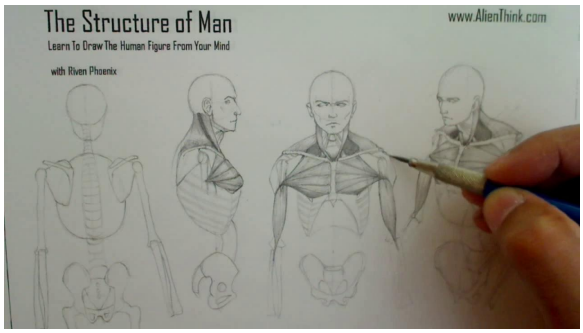
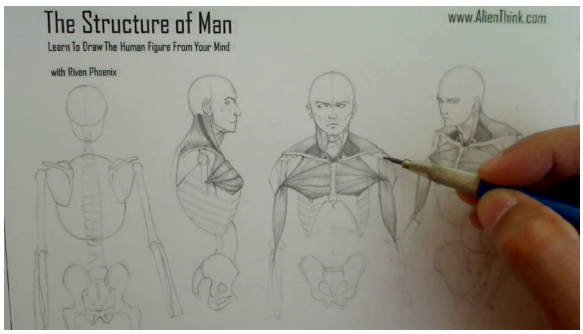
41		and really just balance it out like this.
42		Right, I know that I'm going to get the bone like this,
43		and it's just going to be here just to show you that obviously the deltoid
44		is going to be close over here to the humerus bone.

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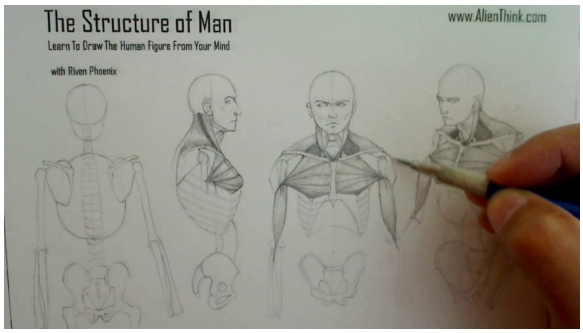
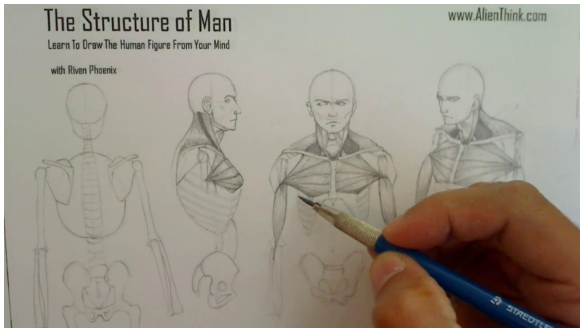
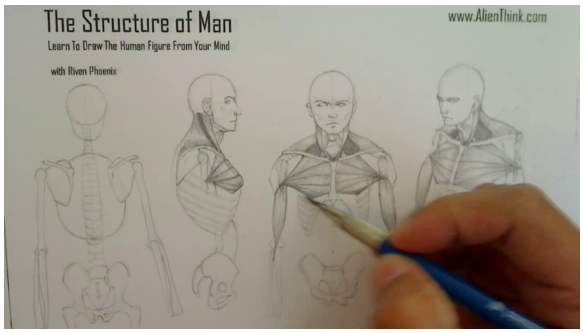
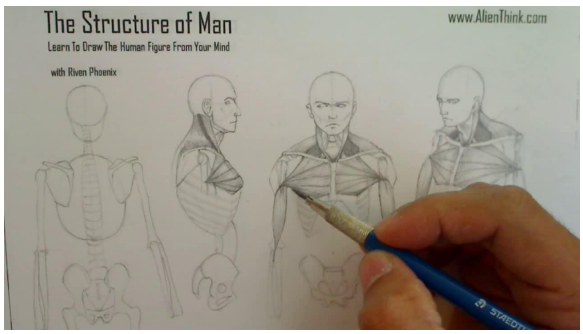
45		Right, so the thing to understand about this is look at these ratios over here.
46		Right, it's this point here, this, this.
47		Right, look at the distance and know that the most important thing to understand
48		from this is how this pack muscle comes in more than you get the bicep.

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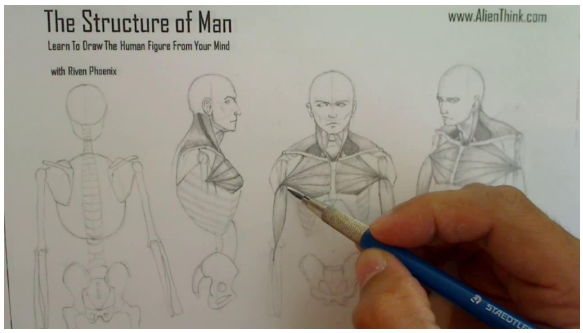
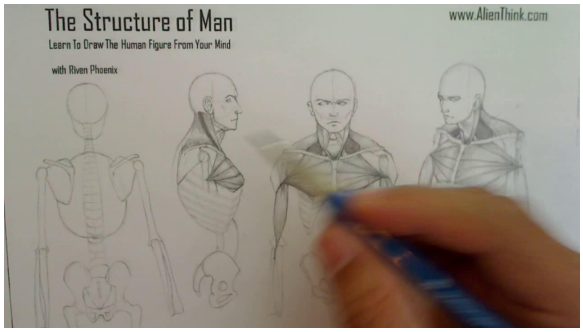
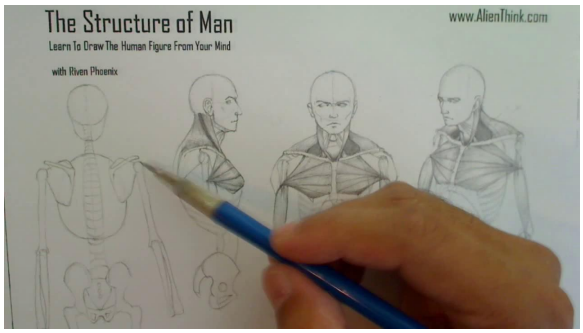
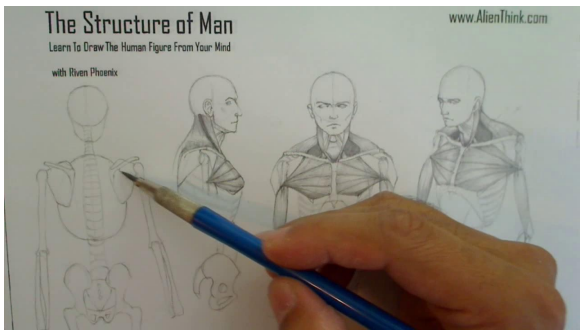
49		Right, it doesn't stop here, it comes here all the way in.
50		So from the side view, we're going to have to look at this from the back also a little bit,
51		but just to tell you that the deltoid is just going to start from here,
52		it's going to connect, and it's going to go around over here like this.

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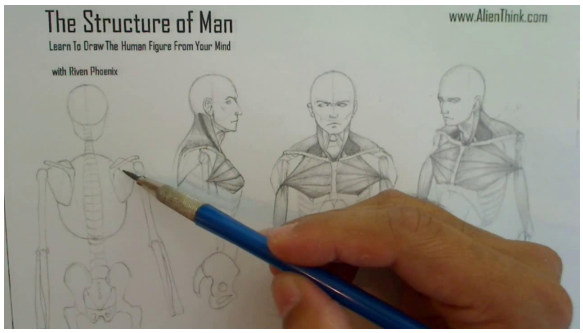
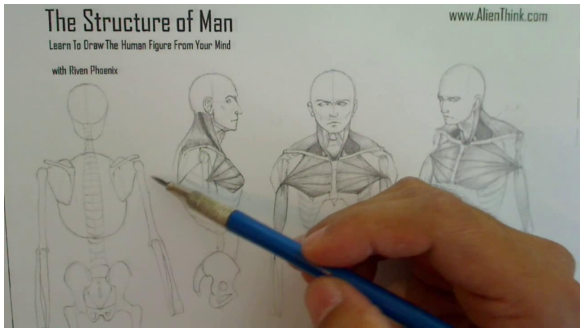
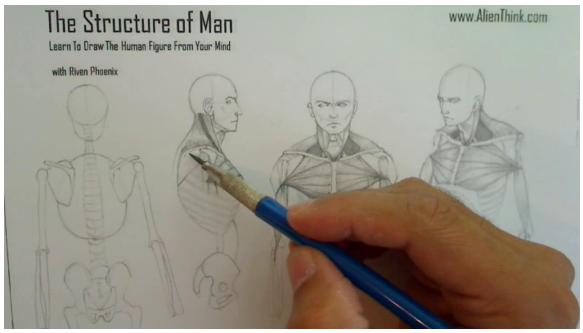
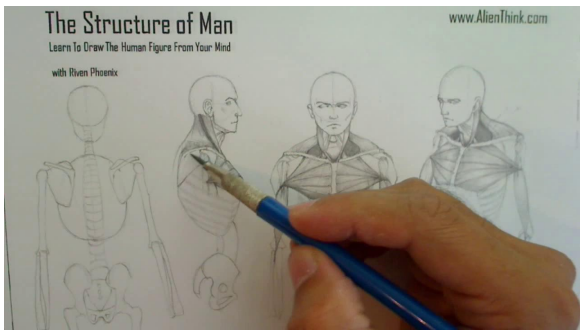
53		Right, but don't, well, we don't want to touch this area,
54		we're going to look at this later.
55		But so this means that really where this bone is going,
56		it's really just going to come around and look it has to come around this.

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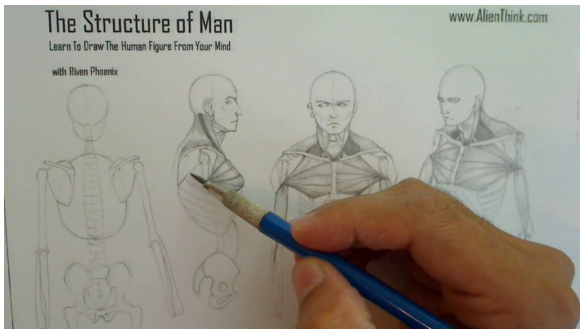
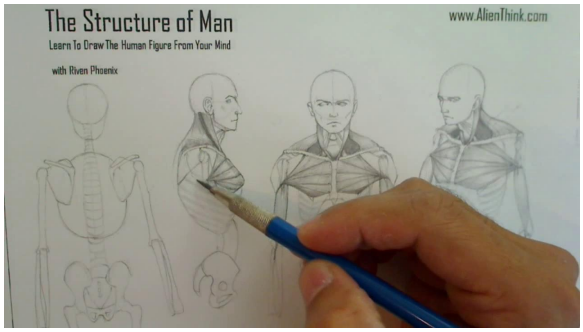
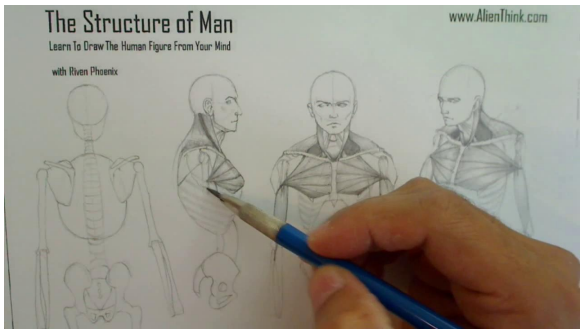
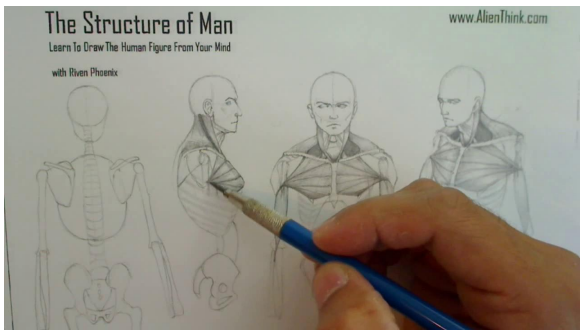
57		Right, so the deltoid is just going to come like this over here
58		and it's going to want to attach to this bone over here.
59		So what's going to happen is basically you're just going to get a deltoid like this
60		and look where I did this over here, it's going to come down over here like this.

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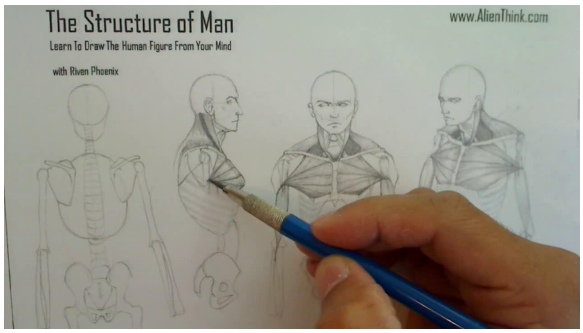
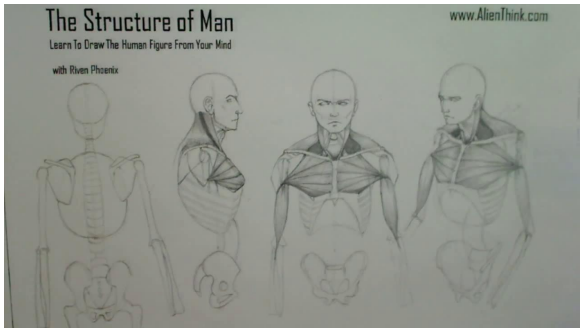
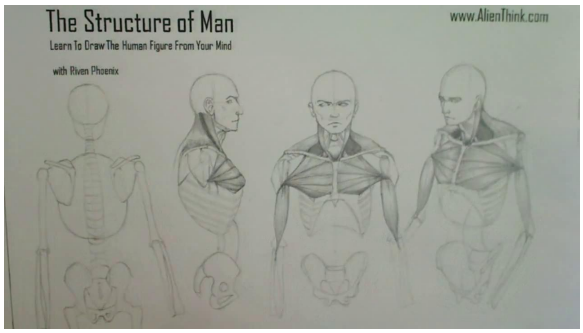
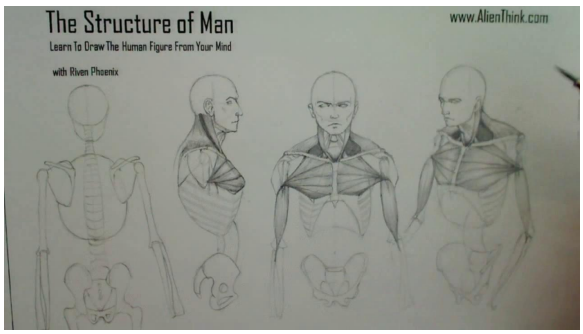
61		Right, so it's going to be kind of just like this over here for the deltoid.
62		So here we can just erase this part here and fill in the deltoid
63		because the rest of the muscles are going to be very easy to understand.
64		Right, so on this side, we just have to understand it like this.

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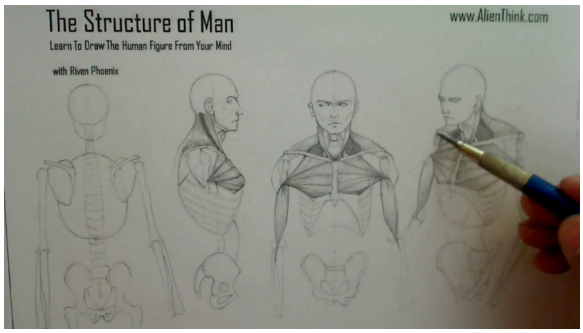
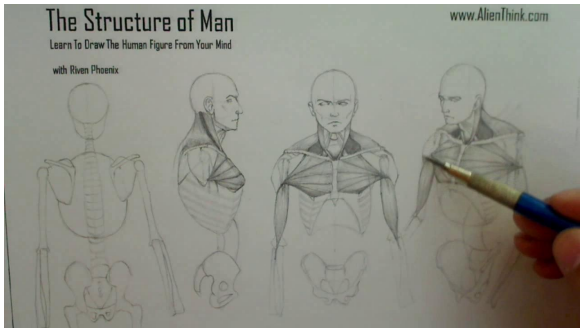
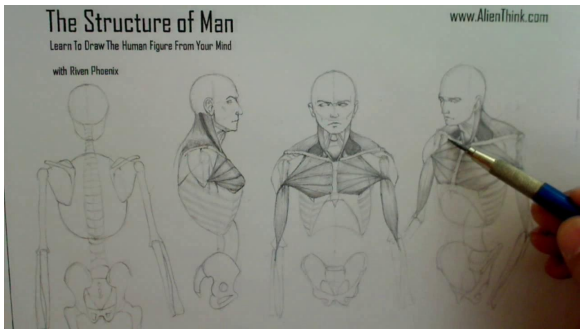
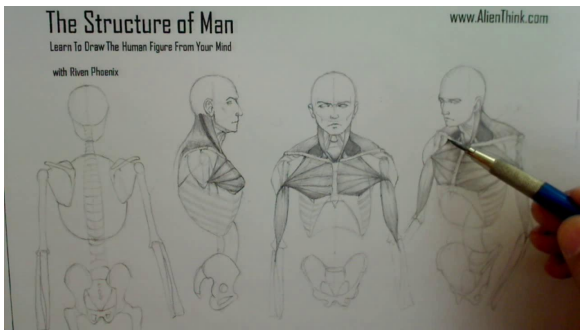
65		We're just going to do the deltoid like this over here.
66		Right, just give it a nice shape like this and it's going to be again,
67		you're going to get that little wedge over here and it's going to be connected
68		all over here and then you're going to get that clavicle bone like this.

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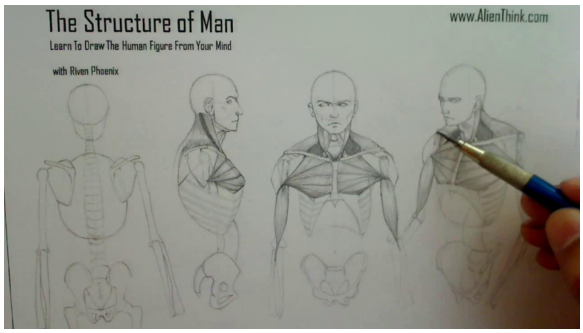
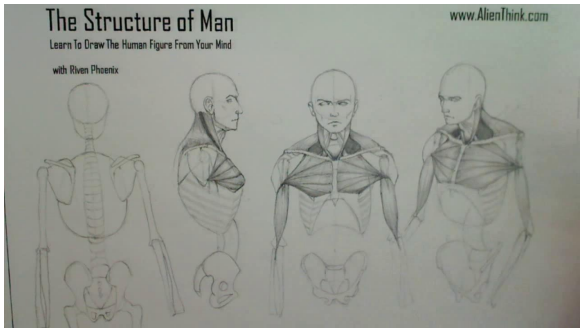
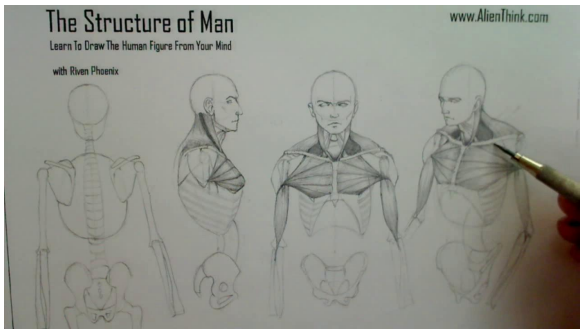
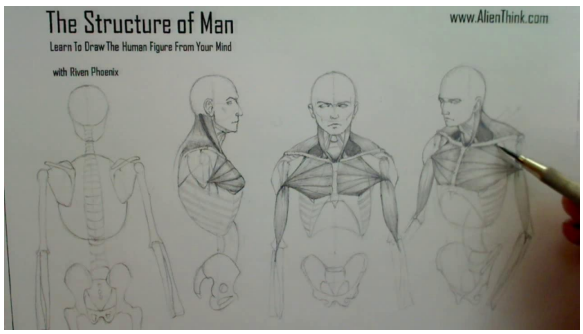
69		Right, so it's connected to the clavicle like this.
70		So from here it's going to be the same thing, it's going to be connected
71		but I'm going to get this little hole in here like this triangle for surface anatomy.
72		And then it's just going to go like this.

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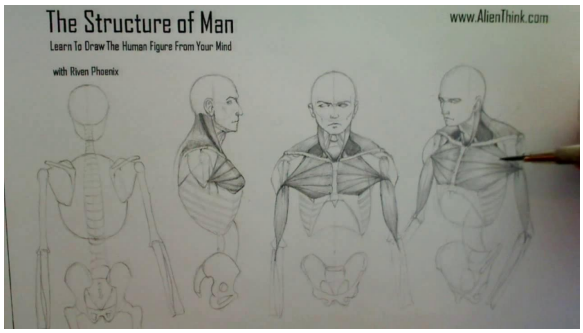
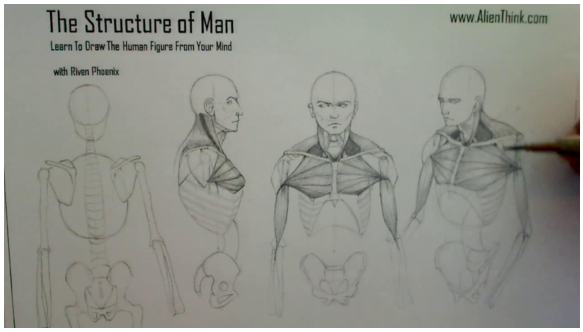
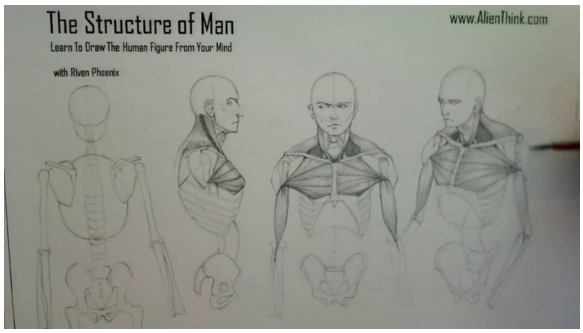
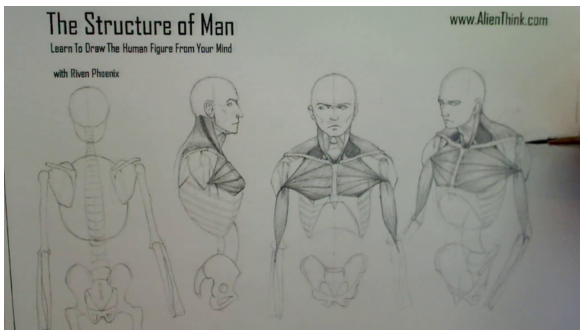
73		Now remember this is in the front, this is in the back.
74		So this is going to be more like curved and it's going to go here on the side like this.
75		Right, and you just have to look at the shape.
76		Right, it's going to touch the bone, then it's going to kind of like come out this way over here.

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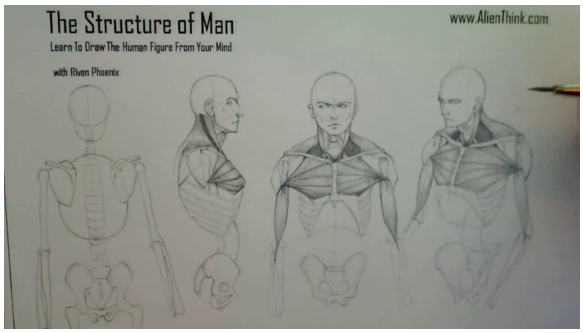
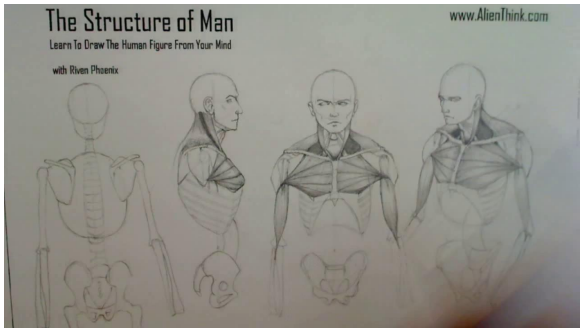
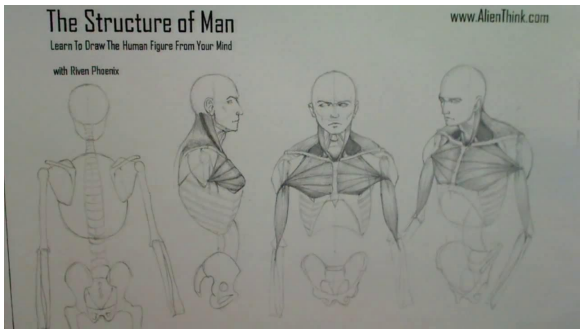
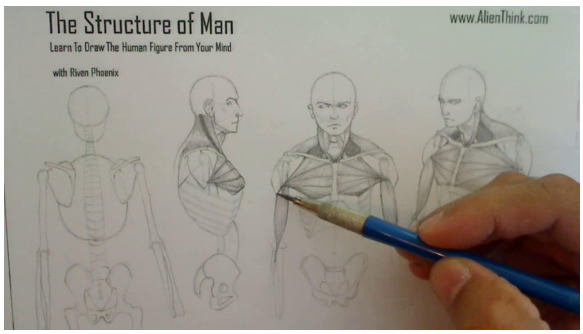
77		And it's that easy.
78		So to fill this in, we can simply just make this into a muscle.
79		Right, so the deltoid really is technically divided in three different parts.
80		Right, so and these parts are really from here to here.

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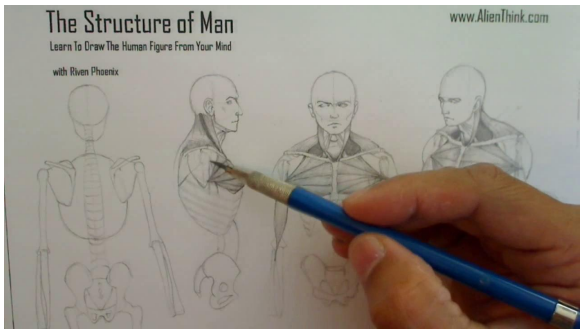
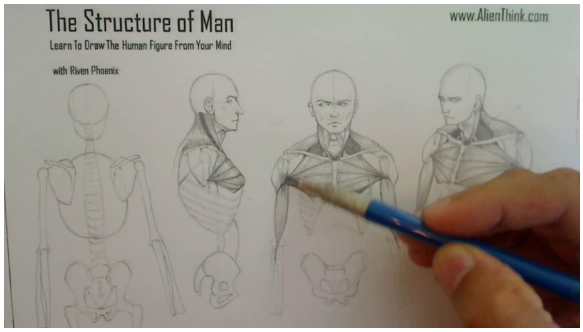
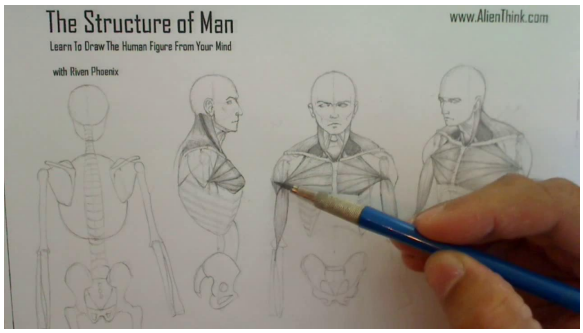
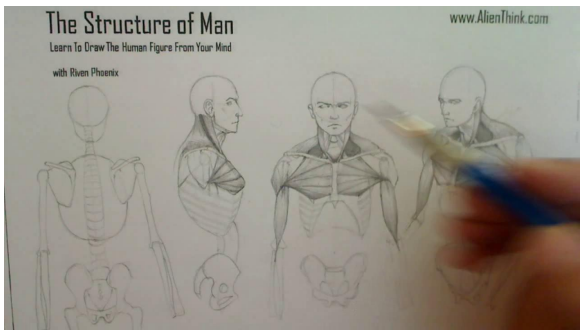
81		It'll be like this but you really won't see much from this angle over here.
82		So to finish this off, I'm just going to start to put in the muscles over here for the deltoid.
83		Just do it.
84		And here you'll see that how realistic the figure is automatically looking

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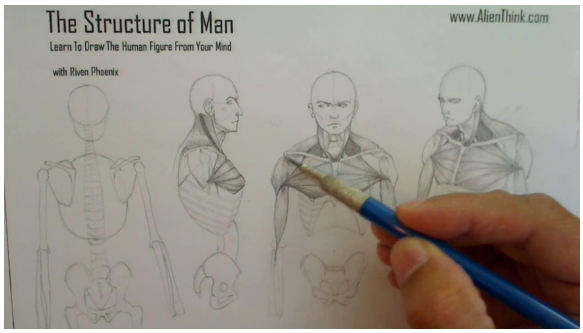
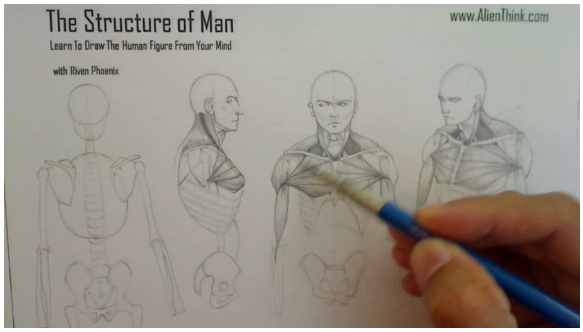
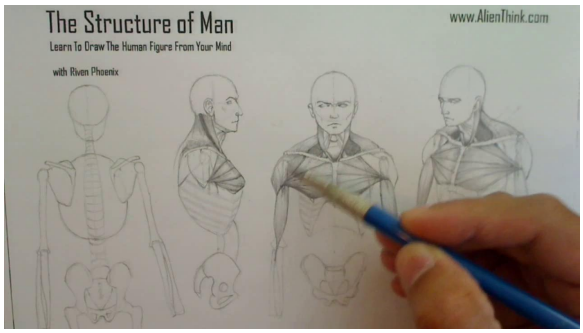
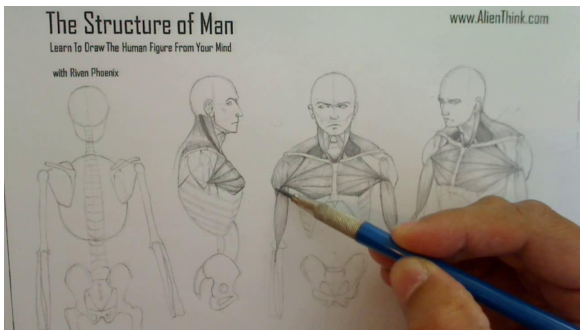
85		because we've accurately created the skeleton structure.
86		Right, it's all going to be always automatic.
87		Right, because we're following our own rules to the design of an actual human skeleton structure.
88		Right, so here we can just put some shadows in like this and then just make that into that deltoid over there.

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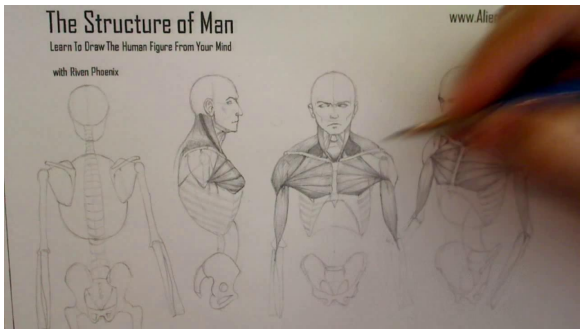
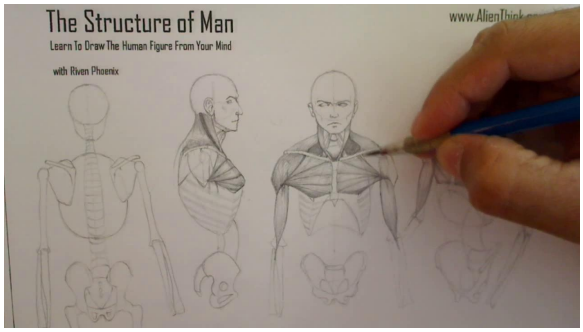
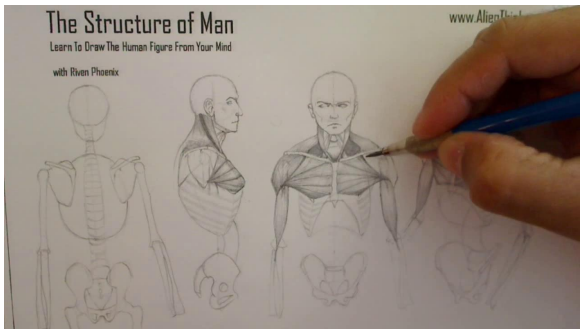
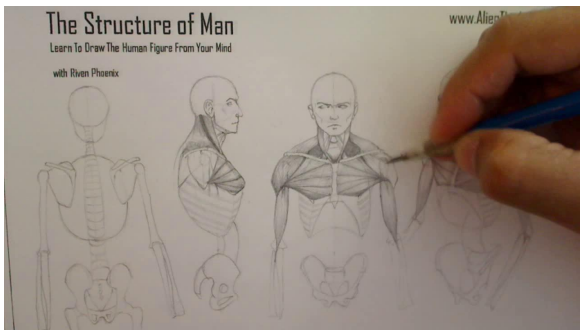
89		So over here, I'm going to do the same thing.
90		Just give it like this wedge in here and just connect over here.
91		Right, so I'm just going to follow the lines like this.
92		And then I'm just going to come over the bones like so.

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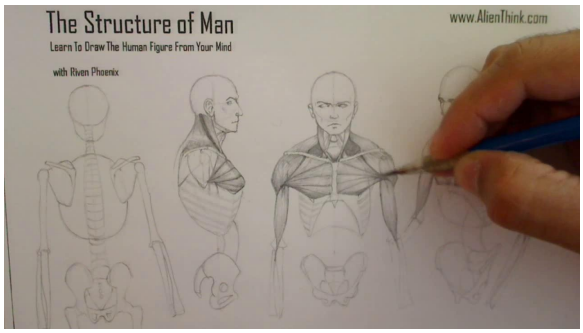
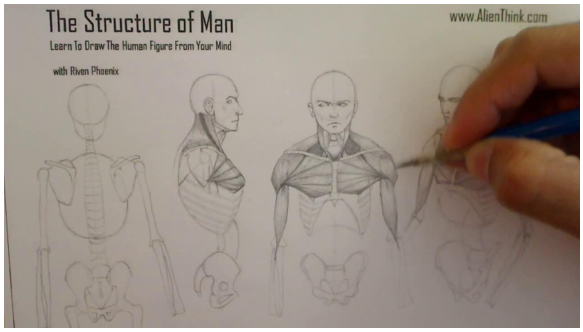
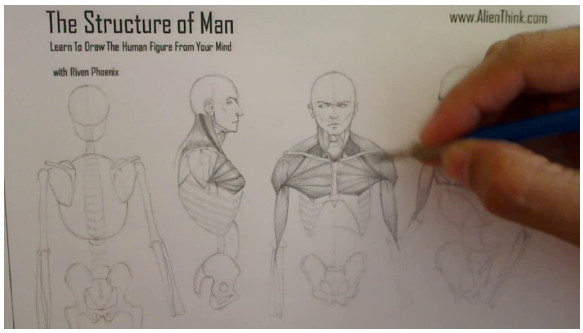
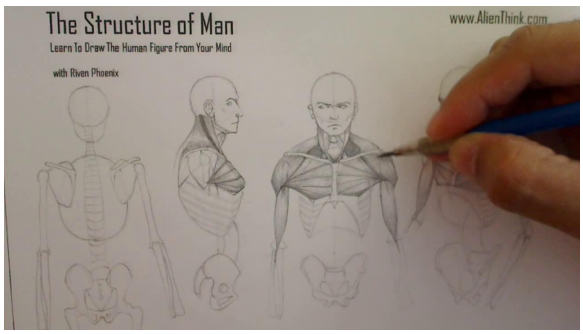
93		Right, so just make it like a darker line over here like this.
94		Right, so now we want to imprint this concept.
95		Right, this is again very simple to grasp here.
96		So the thing about this, you should note, is that look where this is.

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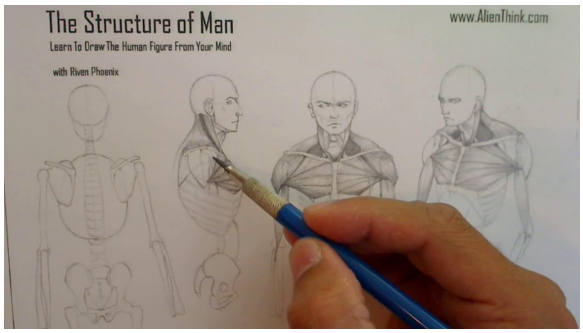
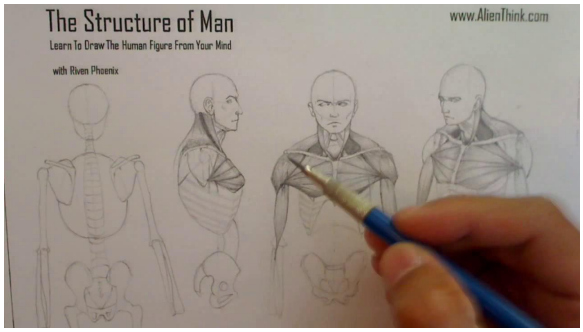
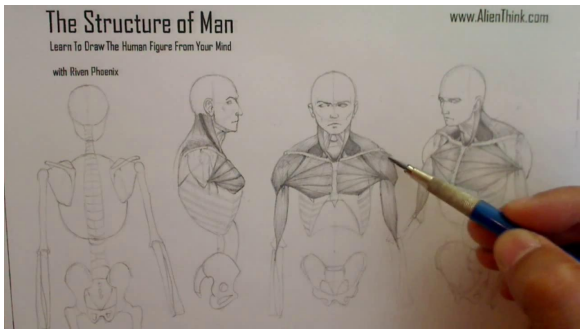
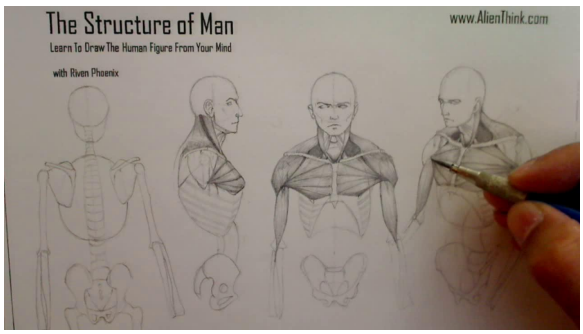
97		So basically you're going to get like a bulge here on the bone right over here.
98		So really over here you should know that over here is really going to be more bony area over here.
99		Just keep that in mind.
100		Right, so now look what happens over here.

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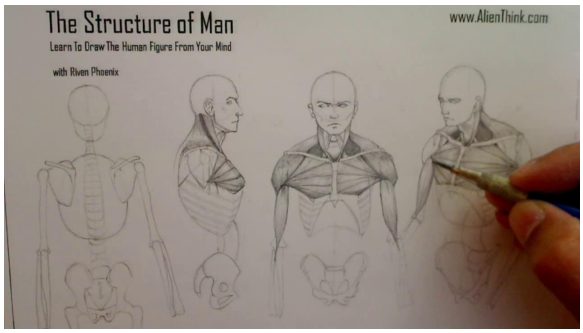
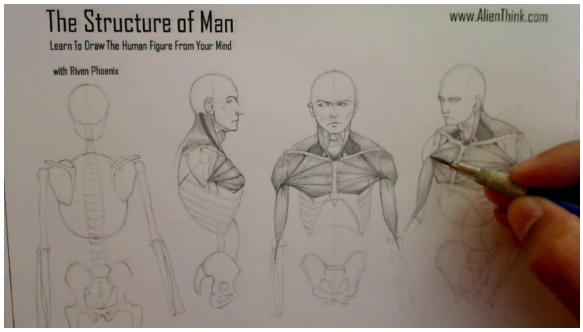
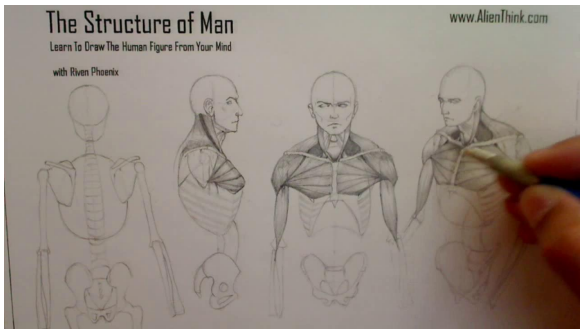
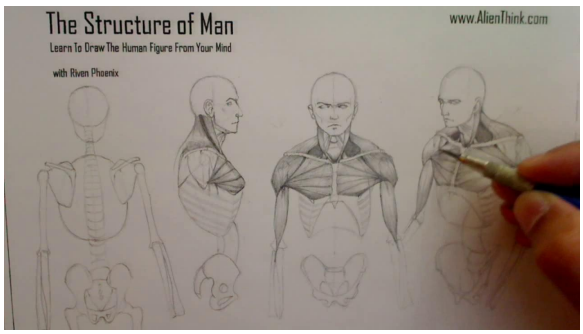
101		Now when the pet muscle goes like this, look at it.
102		Now this thing will go around and we'll get that line.
103		The pet muscles.
104		And I'm just going to finish this off like this.

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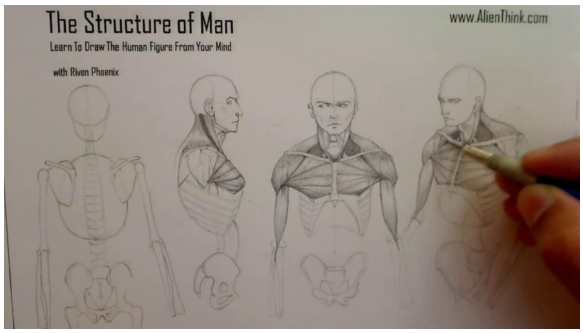
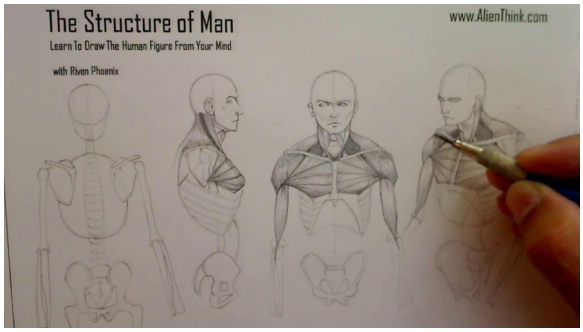
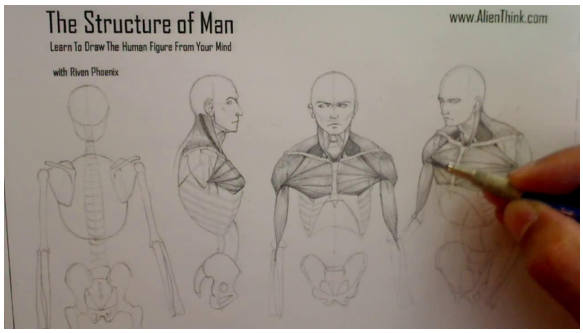
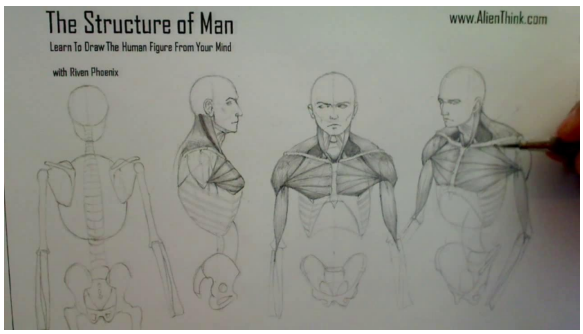
105		And be done with this part over here.
106		Right, and you can shade these in a little more if you want to.
107		I'm just not shading them too much because I need to keep them clear on the camera.
108		And over here I'm just going to get the same thing over here.

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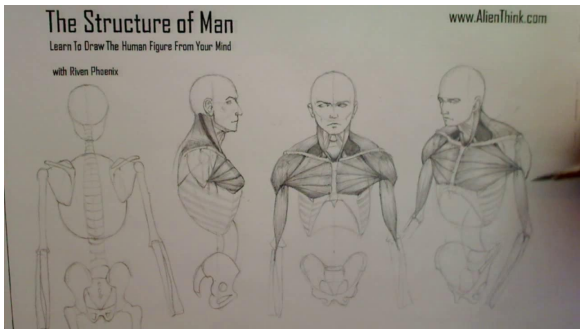
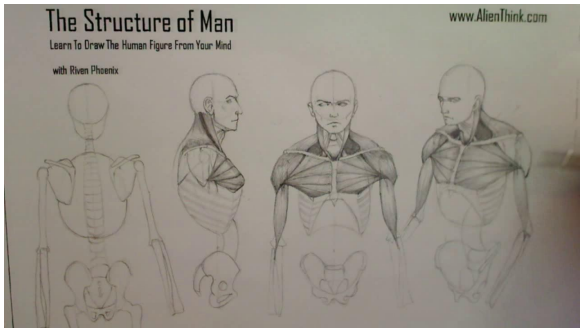
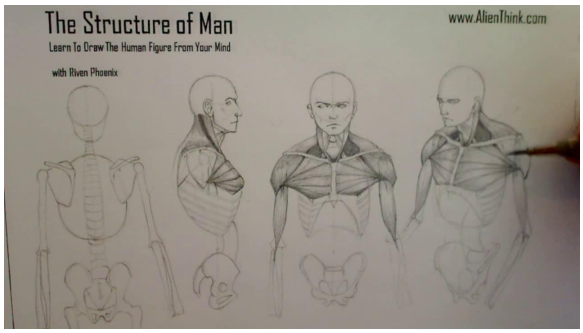
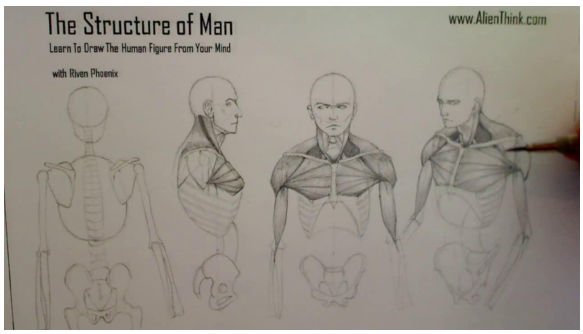
109		Right, so this day I thought muscle really is connecting to the side over here on the bone.
110		Right, now right, so when we look at the arm, we'll actually understand this much better.
111		It's really just connecting on the side.
112		Right, so here I'm just going to connect all these lines over here like this.

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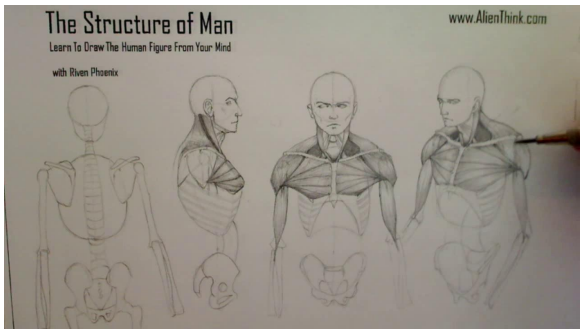
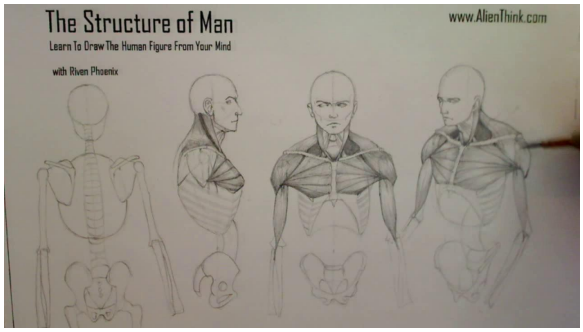
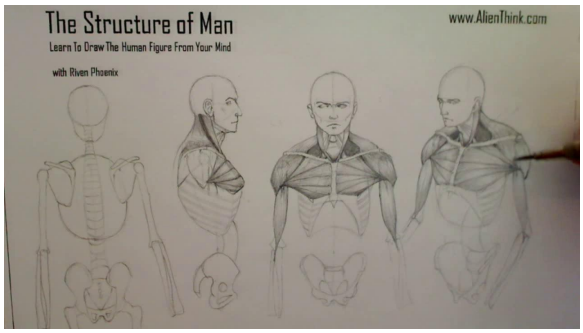
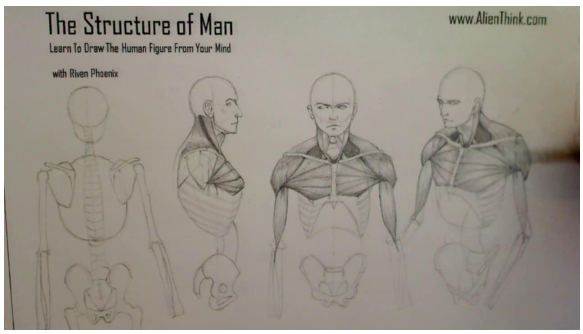
113		Right, so here I'm going to keep an eye out for the right.
114		I really do have a bone, so meaning that if I was shading that in,
115		I would really understand that there is actually the bone kind of like pushes forward.
116		Right, because this area here that we're creating really is going to be a little deeper in.

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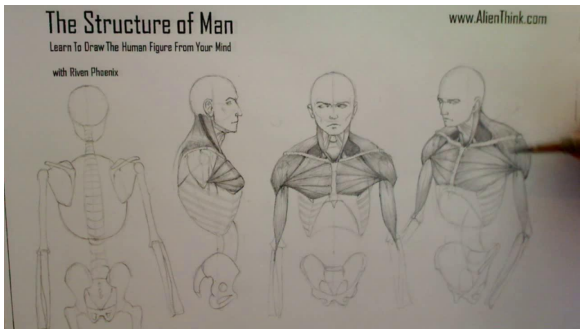
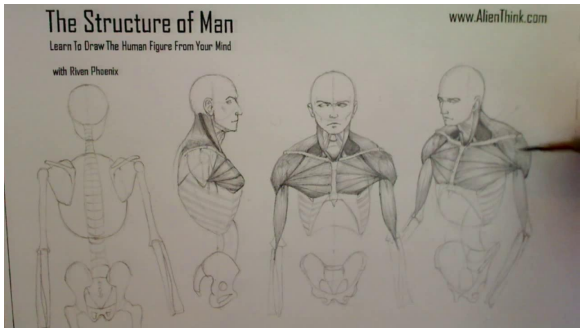
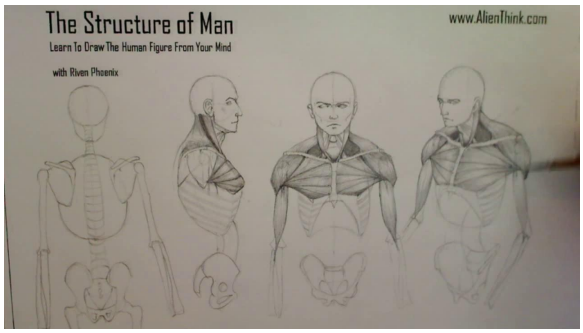
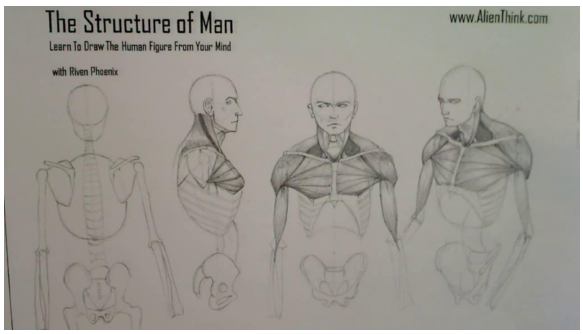
117		Right, and then you'll get like this shadow over here.
118		Like if we were shading the same.
119		Okay, and here we've now understood the deltoid muscle like this.
120		Okay, so this here is in, I'm doing this again more in perspective,

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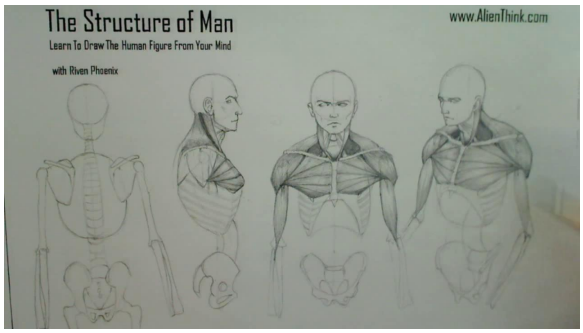
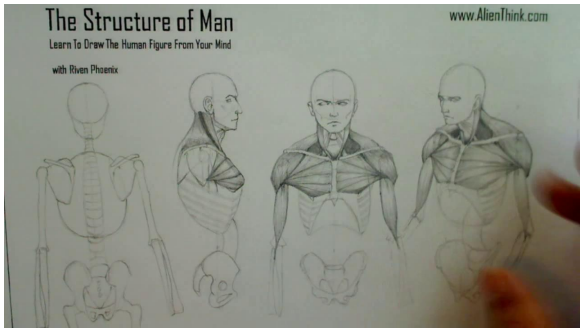
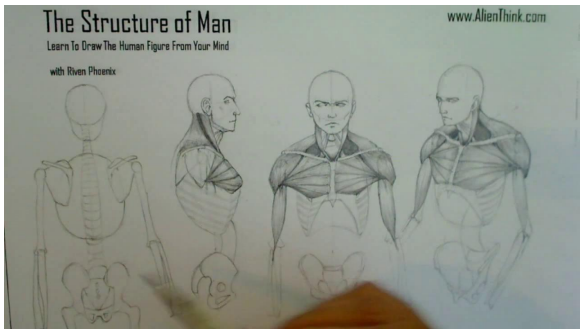
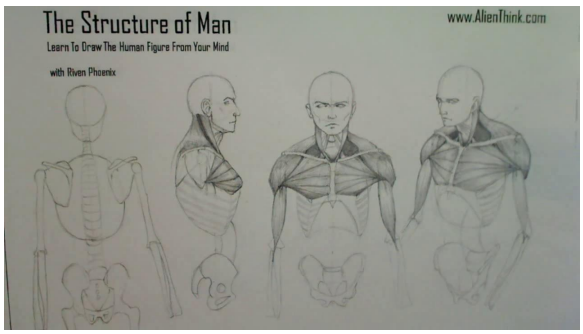
121		so that's why it looks this way.
122		Right, it's coming more towards us, and that's fine.
123		So over here we're now going to get the deltoid.
124		Coming around, and again this is the bone here for the humors in this deltoid is just connecting over here.

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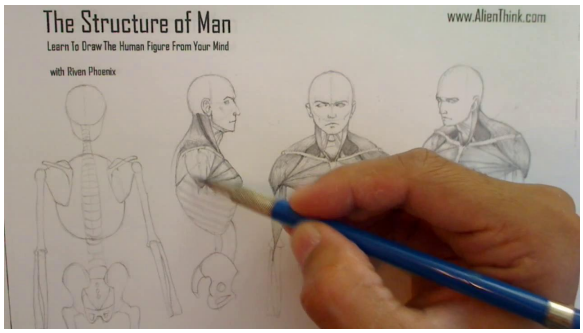
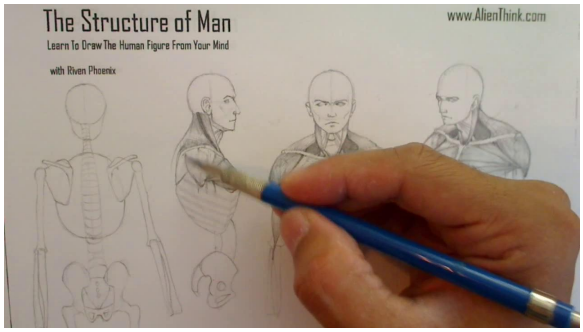
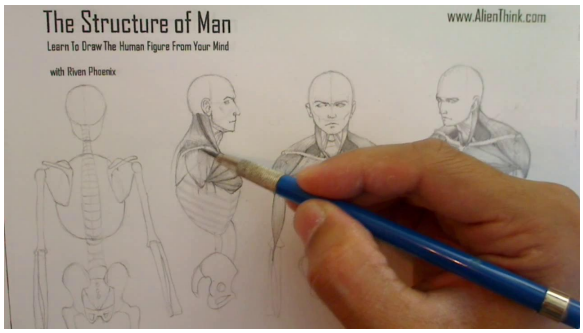
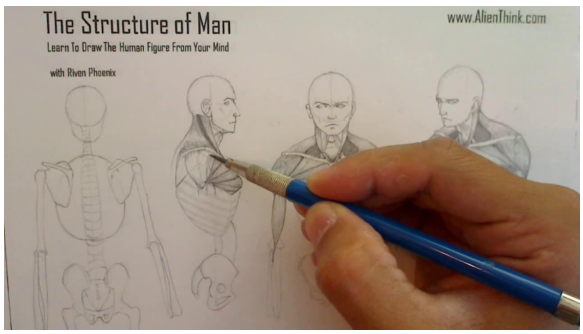
125		Okay, so it's just going to go around.
126		It's going to come back, it's going to come from the back connecting to the bone of the scapula over here.
127		Right, it's going to come all the way around connecting, connecting, connecting, connecting.
128		And we know about this, that really we have to understand that there's a bone here.

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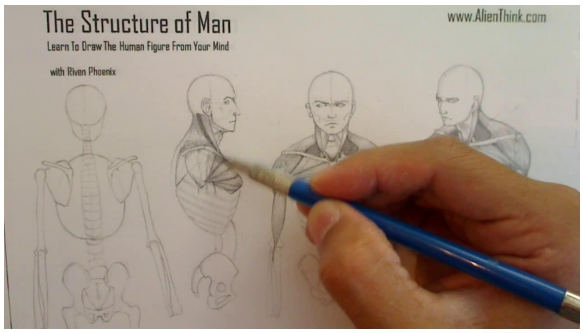
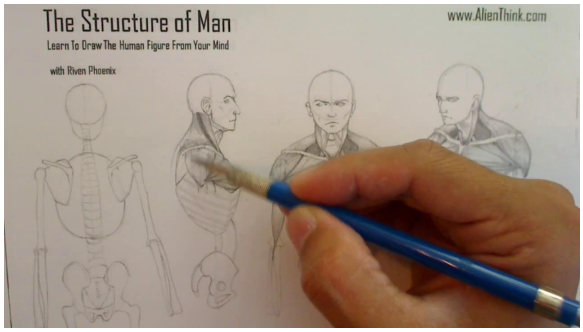
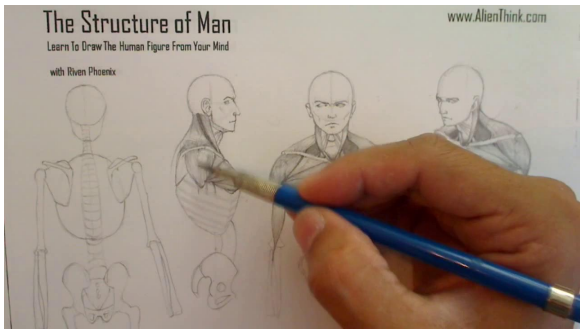
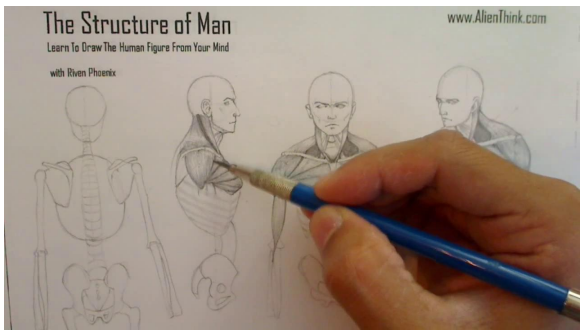
129		Right, so it's going to like, in surface anatomy, it'll get like a little bit of shadow.
130		And this is going to be very easy to complete.
131		Right, so that was a very easy muscle that we've invented to understand about how the deltoid release is going to be.
132		Right, and that's all there is to it, I'm going to get this which.

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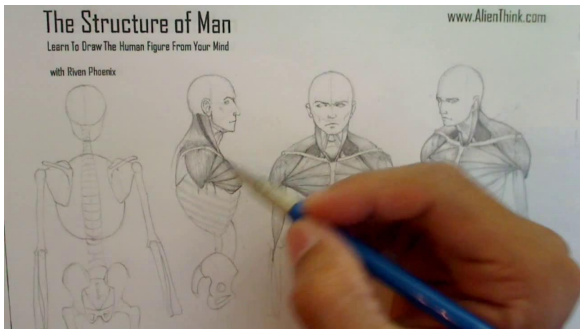
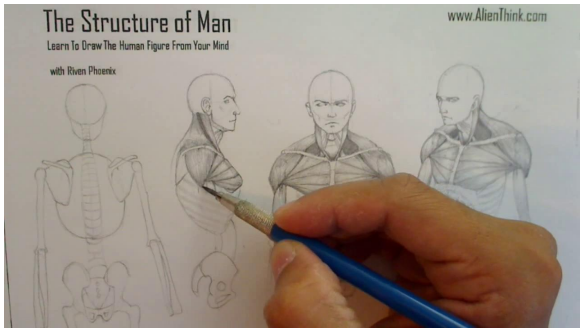
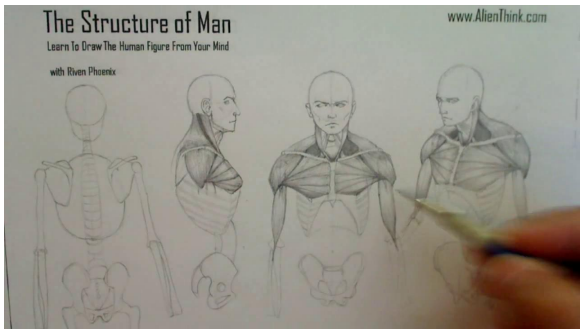
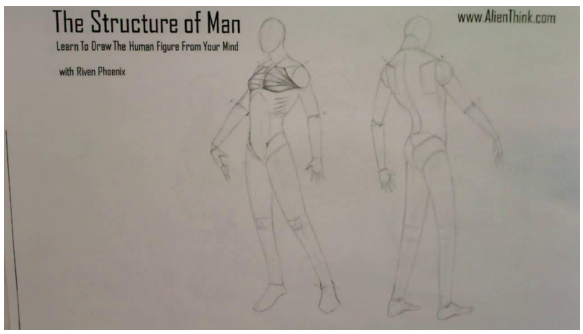
133		Right, so notice, notice these lines how this is happening.
134		Right, it goes here, you're going to get this curve and then you're getting the bicep.
135		Right, okay, so now we can switch back to this drawing and not imprint this into our mind as to how will this work in our mannequin.
136		This is going to be easy.

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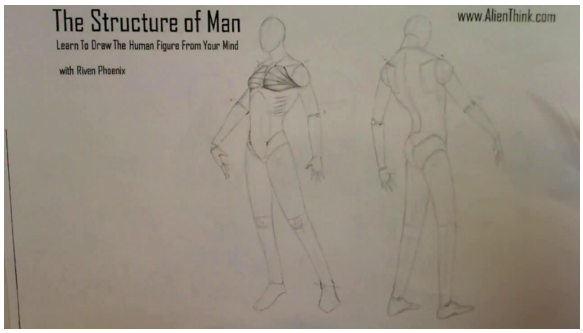
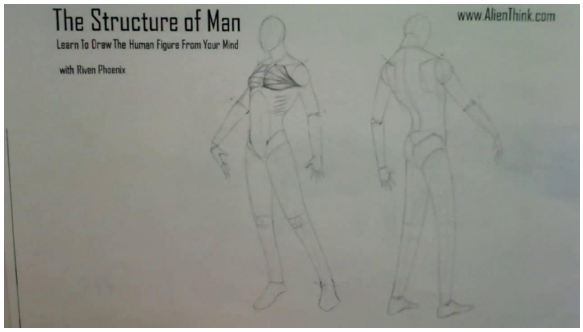
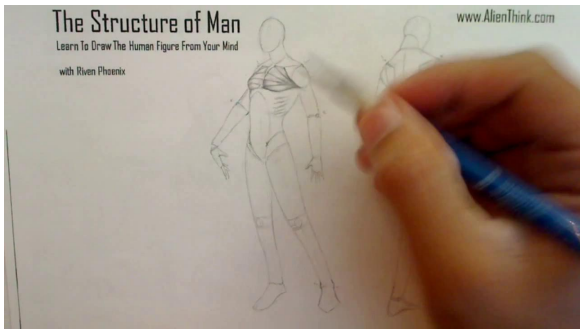
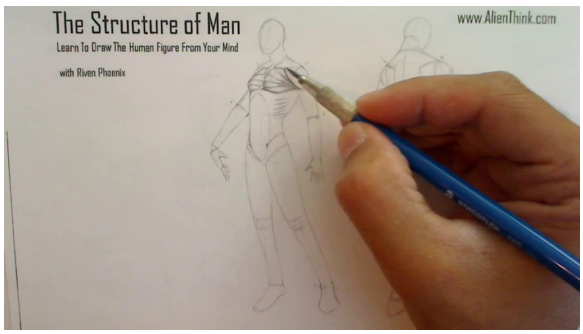
137		Right, so the mannequin over here, we're just going to look at the front right now for this mannequin.
138		We'll leave the back one for later.
139		So now this is where you can know what we can to understand.
140		Okay, I've got the clavicle.

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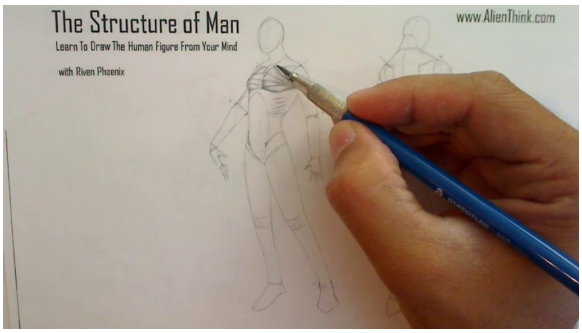
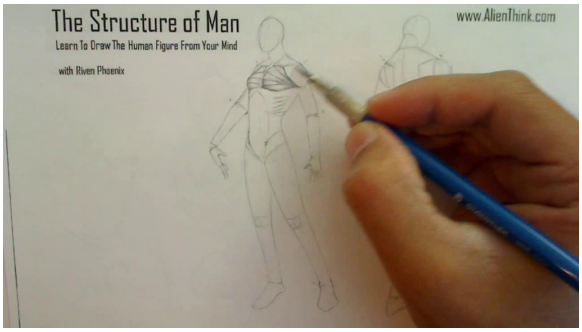
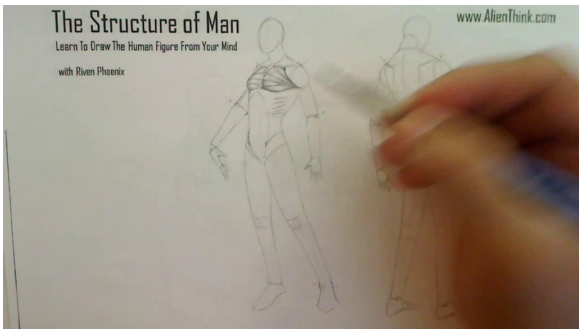
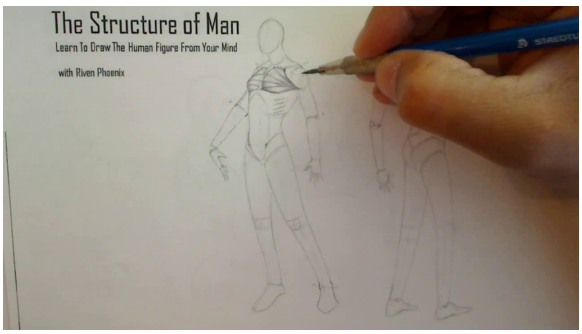
141		Right, I'm going to get the clavicle like this.
142		Then I know that I'm going to get like this raging here.
143		To understand that, right, this is really the bone area over here.
144		Right, and this is where you'll begin to understand that over here,

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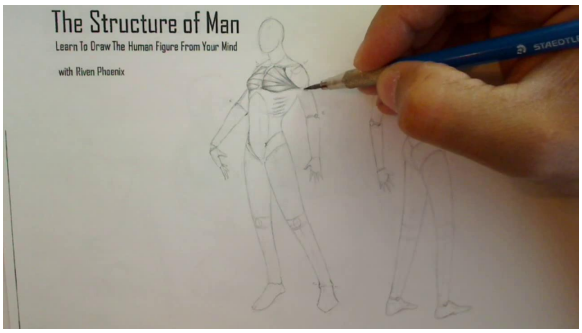
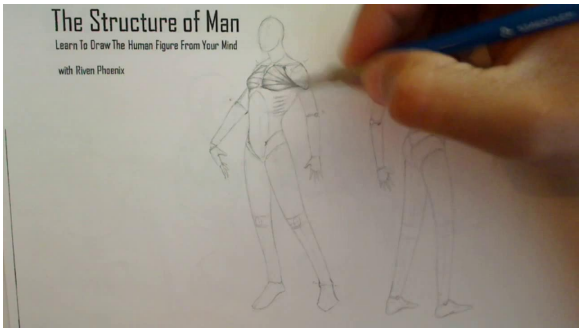
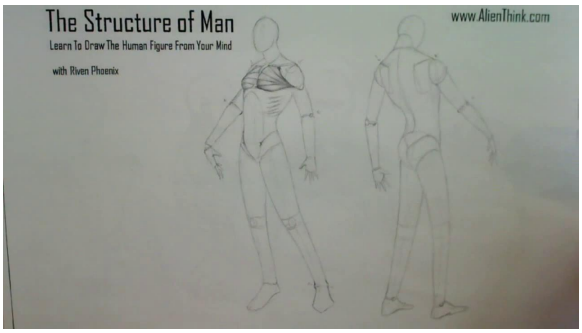
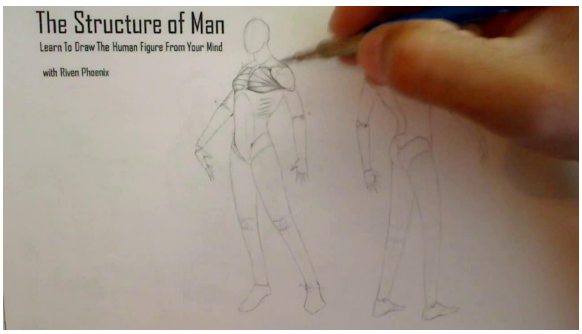
145		that I'm going to come down and just draw out a basic shape.
146		Remember, these drawings that we're doing are stylized drawings.
147		Right, we're going to do them.
148		More stylized than realistic, because we want to just imprint the information.

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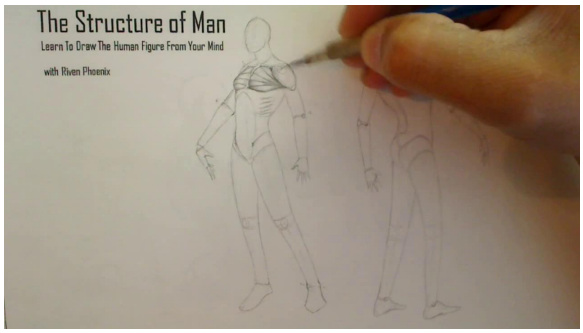
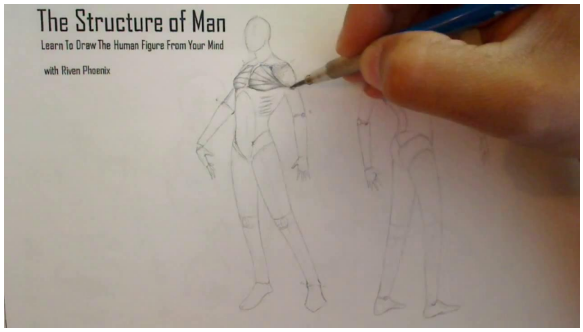
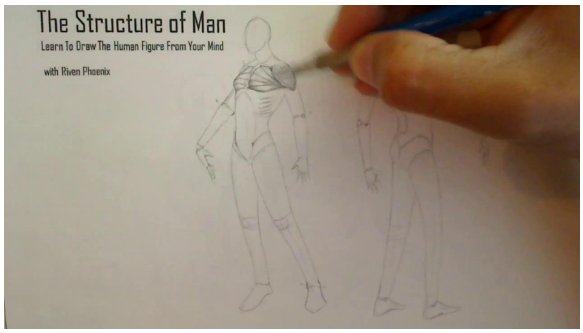
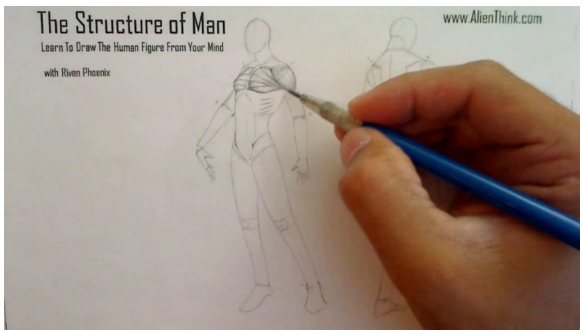
149		Right, so this is just going to come like this over here.
150		And the bicep, I'm sorry, the deltoid is now just going to be like this.
151		Okay, that was very easy to get.
152		So obviously, if we draw the bicep, right, it would come out from here,

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153		because we know that the peck muscle must come in a little bit,
154		then you're going to have to bicep.
155		But we're just going to leave that b for now.
156		And over here, I'm going to get the muscle over here,

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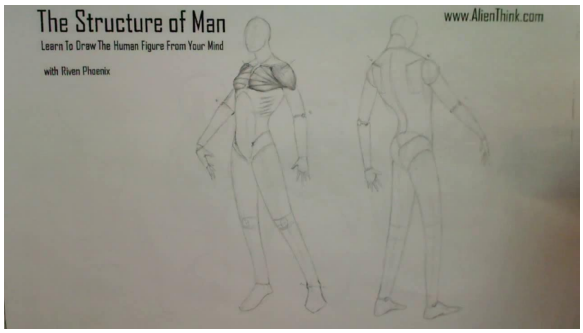
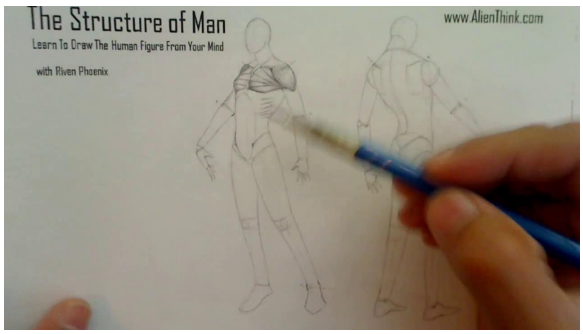
157		which I'm really not going to see much off.
158		So I'm just going to fill it in a little dark over there on that side.
159		Okay, very easy to, very easy concept to grasp over here.
160		So now we know two muscles.

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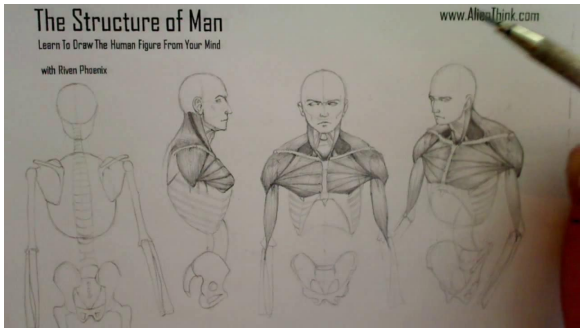
161		We know the peck in the deltoid.
162		So I'll see you in the next lesson, please.

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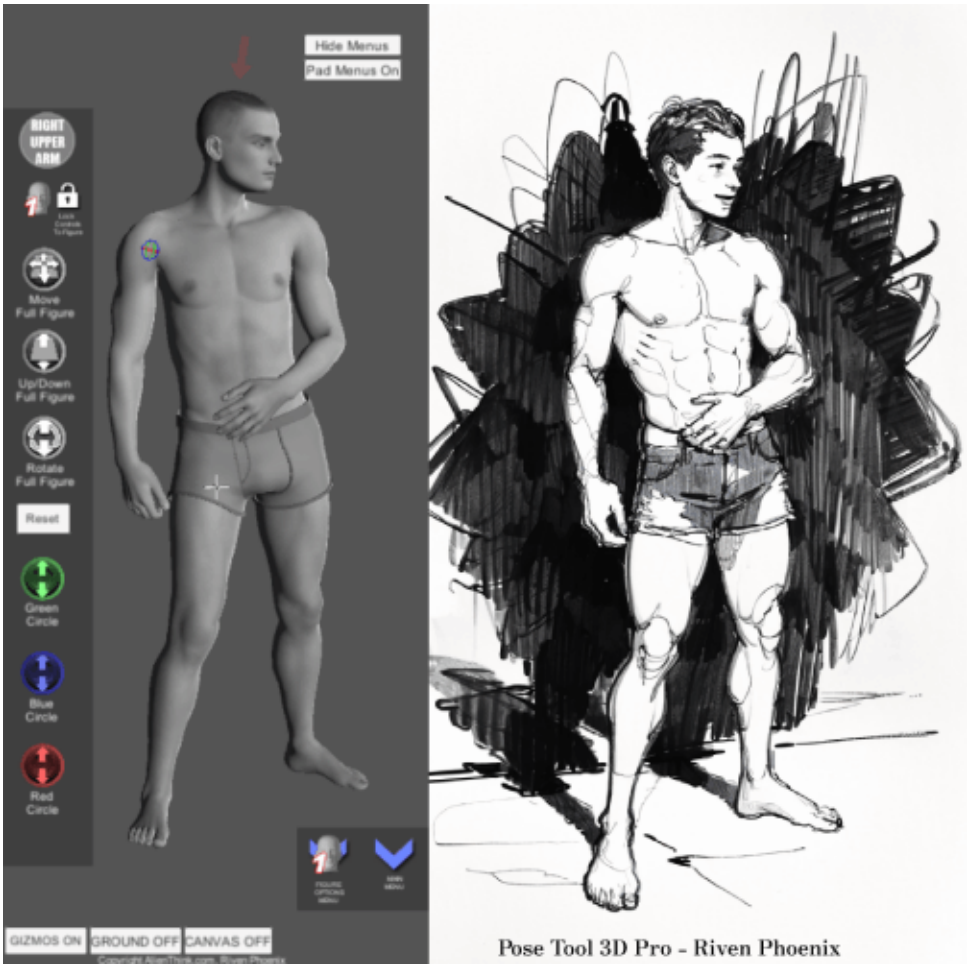

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